

DO YOU NEED HELP? WHAT HELP DO YOU NEED?

I am lost



I am hurt



I need help



I am thirsty



I am hungry



If you need help, please ask one of our security team in the mall.

Thistles
STIRLING



Key

- | | |
|------------------------|--------------|
| Toilets | Car Park |
| Disabled Toilets | Cash Machine |
| Baby Changing Facility | Bus |
| Lifts | Train |
| Escalator | High Street |
| Stairs | |

Thistles
STIRLING

thistlesstirling.com

Everyone's journey
IS DIFFERENT



in partnership with

Scottish
autism

PLAN YOUR VISIT TO THISTLES

How will I get there



BUS



TRAIN



WALK



CAR

I am going to the shops for



CLOTHES



SHOES



FOOD



COFFEE

At the centre there will be



PEOPLE



NOISE



STAIRS



DOORS

I am feeling



Aiming to make the shopping experience less stressful for autistic customers, Thistles **Quiet Hour** takes place in the centre every Sunday between 10am – 11am.

Stores in the shopping centre participate in the **Quiet Hour** by adjusting their lighting where possible and turning off in-store music. Thistles has been working alongside national charity Scottish Autism to build an understanding of the condition across the retailers.

If you need any help on arrival to Thistles, please speak to one of our on-site security team, or alternatively call us on 01786 470 055 for assistance.

Our toilets can be found beside JD and Primark with each offering accessible and disabled facilities.

At Thistles we want to make it as easy as possible for you and your guest to visit our stores so this guide will hopefully assist in your decision making before arriving at the centre.

Thistles would like all of our customers to enjoy what we have to offer and will make every accommodation possible.



If you have any feedback or would like assistance please contact us:

Call 01786 470 055 or e-mail informationdesk@stirling-thistles.co.uk

Thank you for visiting Thistles, Stirling. We look forward to welcoming you again.